


Smith Senior Center — MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.H.O.Y. Smith Senior Center M, T, W, Th, S 9:15 am M, W 5:30 pm Lewis Center M, W, F 9:15 am Leonard Center M, W, F 10:30 am Brown Center Tu, Th 9:15 am Peeler Center Tu, Th 10:30 am Griffin Center Tu, Th, S 10:30 am Lindley Center Tu, Th 2:15 pm	1 *Senior Games Cornhole* 8:15 Senior Swim Pool 8:15 NO SAIL BALANCE CLASS 9:15 NO AHOY 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool NO SOUL SLIDING CLASS 1:00 A Matter of Balance Class* Rm 2 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	2 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	3 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 UNCG Oral History Project Listening Session Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	4 10:00-2:00 Senior Artists Guild Craft Fair Gym 8:30 Senior Swim Pool NO STRENGTH/BALANCE CLASS NO CARDIO SCULPT CLASS 10:00 Legal Services* Rm 1 10:00 Cards & Games Rm 2 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool	5 9:15 Chair Yoga Gym 10:00 Adult Coloring Books* Rm 1 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Cards & Games Gym 5:00 Table Tennis Gym	6 9:15 AHOY Gym
7 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon	8 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Dish with the Director Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 12:00 Tai Chi for Rehab Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	9 8:30 Strawberry Picking* Van 8:30 Senior Swim Pool 9:00 Hearing Screenings* Rm 1 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	10 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 1:00 Writing Class* Rm 2 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	11 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 10:30 Tai Chi for Rehab Gym 11:00 Water Arthritis Class* Pool 1:30 Osteoporosis Group Rm 2 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool	12 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 12:00 Booked for Lunch Club Rm 1 1:00 Cards & Games Gym 5:00 Table Tennis Gym	13 9:15 AHOY Gym 8:00 Greensboro Social Dance— Lewis Rec. Center
14 *Registration Required **Drop-in Fee Required	15 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Genealogy Class Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 12:00 Tai Chi for Rehab Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	16 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 9:30 Bingo Rm 1 10:15 Lunch Bunch* Van 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	17 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Medicare Simplified Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	18 *Senior Games Awards Lunch* 8:30 Senior Swim Pool NO STRENGTH/BALANCE CLASS NO CARDIO SCULPT CLASS 10:00 Cards & Games Rm 2 NO TAI CHI FOR REHAB 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool	19 9:15 Chair Yoga Gym 10:00 Adult Coloring Books* Rm 1 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Cards & Games Gym 5:00 Table Tennis Gym 6:00 Grasshoppers Game* Van	20 9:15 AHOY Gym
21  OLDER AMERICANS MONTH AGE OUT LOUD: MAY 2017	22 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 12:00 Tai Chi for Rehab Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	23 Adult Coloring Book Spring Art Show Rm 1 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	24 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Benefits Check-up Q&A Rm 1 10:00 Table Tennis Rm 2 10:00 BP & Glucose Checks Lounge 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	25 8:30 Strength/Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 10:30 Tai Chi for Rehab Gym 11:00 Water Arthritis Class* Pool 1:00 Mesh Angels Class* Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool	26 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Movie: “Legend of Tarzan” Rm 1 1:00 Cards & Games Gym 5:00 Table Tennis Gym	27 9:15 AHOY Gym
28	29 Center Closed for Memorial Day	30 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 6:15 Beginner Zumba Gym	31 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Healthy Brain & Body Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym			